

2010 STARFISH METER MADNESS PENTATHLON TROPHY MEET

June 6, 2010
Niskayuna High School, Niskayuna, NY

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming, Inc.
Carolyn Manor, General Chairman Sanction #AD10-024

Host: Albany Starfish Swim Club
Place: Niskayuna High School, 1626 Balltown Road, Niskayuna, NY 12309

Short Course 25 Meter Pool, 8 Lanes Continuous Warm-up Pool
Colorado Automatic Timing and Beeper Systems
POOL DEPTHS, DEEP END START, Start End, 1 meter = 13'0" 5 meters = 13'0", Turn End, 1 meter = 4'4" 5 meters = 4'8"

Meet Director: Rosemary Lanzi (rosemary.lanzi@gmail.com)
Meet Referee: JoAnn Faucett
Meet Marshal: Molly Grygiel
Entry Coordinator: Rosemary Lanzi (rosemary.lanzi@gmail.com)

Time:		
Session	Warm-Up Times*	Meet Start
Session 1 – Sunday AM	7:00 – 7:55 am (11 & Under)	8:00 am
Session 2 – Sunday PM	12:30 – 1:25 pm (12 & Over)	1:30 pm

Entry Rules: The eligibility of a swimmer will be determined by his or her age on June 6, 2010. **Please review the schedule of events carefully since non-traditional age groupings are in effect (i.e., 7&U, 8-9, 10-11, 12-13, 14-15, and 16&Over).** A swimmer may enter **FIVE** individual events.

To participate in the Pentathlon, swimmers must enter all 5 events in their age group.

Rules from the current USA Swimming Technical Rules will be in effect. Entries must be submitted using Hy-Tek software and must be received **on or before 5:00 pm on Wednesday, May 26, 2010**. The Albany Starfish Swim Club is not responsible for entry errors submitted by the teams. In case the meet is over subscribed, the Meet Director reserves the right to limit the number of entries based on any or all of the following: postmark of entry; entry time; number of heats; and whether team is from outside of the Adirondack LSC. Pentathlon participants will be given preference over Non-Pentathlon participants. In the event entries are returned, the respective team's coach / club representative will be notified before June 1, 2010 and entry fees will be refunded. The Albany Starfish Swim Club reserves the right to enter all their swimmers.

Deck Entries: Adirondack Swimming has agreed to allow Deck Entries at AD Meets under the following conditions:

1. Deck Entries are NOT allowed during Championship Meets;
 2. Athlete must be USA-S Registered and show USA-S ID Card (unless already in meet and confirmed as registered). **If athlete cannot prove USA-S Registration, Adirondack accepts Deck Registration, in meets allowing Deck Entries, to UN-AD (unattached, Adirondack) ONLY at a fee of \$100.**
- DECK REGISTRATIONS WILL NOT BE MADE WITH ANY TEAM ASSOCIATION, PLEASE DO NOT ASK;**
3. Coach makes request for the entry.
 4. All Deck Entries will be allowed at the discretion of a combined decision of the Meet Director and Meet Referee.
 5. **ALL Deck Entries will be subject to a \$1.00 Surcharge per entry**

USA-S Registrations: All swimmers must be currently registered with USA Swimming, Inc.

Registrations may be obtained from your club registrar.

ALL Adirondack Swimmers MUST be registered with the AD Registrar by the Meet Entry Deadline.

All Adirondack Meets are reconciled for current USA Swimming Registration.

Unregistered swimmers will be removed from the meet and a \$25.00 Fine Imposed. ([Click Here for More Information](#))

Unattached athletes may obtain forms and instructions from the Adirondack Swimming Web Site www.adirondackswimming.org

Direct registration questions to the Adirondack Registrar, Kathleen Furman 518-384-0223 or kfurman@adirondackswimming.org

Events: All events will be pre-seeded and swum as timed finals. All age groups need to obtain their heat and lane assignments from the heat sheets posted behind the starting blocks in the pool area. **All 25M events will be swum from the bulkhead into the touchpads. Please be sure that your swimmers in the 25M 7 & under events are in the bullpen prior to their event so that they can be walked out onto the bulkhead by our bullpen parents. The bullpen will be set up in the long hallway outside of the pool entrance doors in the Lobby.**

Entries: Entries must be submitted e-mail to Rosemary Lanzi at rosemary.lanzi@gmail.com using Hy-Tek software. **All entries must be received on or before 5:00 PM Wednesday, May 26, 2010.**

Please check all entries carefully prior to submission.

Times may be submitted in Yards, SCM or LCM; converted times may be used. When building the entry file in Team Manager, please be sure to include the proper suffix to identify which type of time you are submitting – "Y" for yards, "S" for SCM, and "L" for LCM. We will convert all times to SCM for event seeding.

Entry Fees: Entry fees are \$3.50 for each individual event (which includes \$0.50 travel fund surcharge). There is a \$1.00 per swimmer surcharge for all participants. All Manual or Deck Entries are subject to a \$1.00 Surcharge per entry.

Make checks payable to: Albany Starfish Swim Club, Inc.

Mail Entries and Checks to:

Rosemary Lanzi
2 McGibbon Avenue
Amsterdam, NY 12010
Phone 518-843-1642
e-mail: rosemary.lanzi@gmail.com

Seating: In an effort to provide adequate viewing for spectators who would like to watch their swimmer's event, but otherwise remain outside the pool area, we have set aside a Temporary Seating Section. This Section will be immediately to your left as you enter the pool area. While other spectator sections are available for more permanent seating, we encourage all spectators to avoid a "camping" mentality and leave the pool area during periods when your child is not swimming.

Awards: Ribbons will be awarded for first through eighth place for individual events. Heat ribbons will also be awarded for individual winners in their heat for age groups 7&U, 8-9 and 10-11. **Pentathlon High Point Trophies** will be given out for first through third place following each session.

Scoring: Cumulative times will be used for high point award using the Hy-Tek Meet Manager Pentathlon scoring format. An individual must complete all five events in a legal manner to be eligible for the High Point Awards. High Point awards will be based on lowest cumulative times in each division.

Timers: Clubs will be required to provide timers for the meet based on their number of entries. Lane assignments will be posted to the Adirondack Meet Schedule on or before June 1, 2010 www.adirondackswimming.org and will be posted in the program and pool area.

Meet Policy: Any swimmer found in an unauthorized area will be asked to immediately leave the premises. No exceptions. Each team is responsible for supervising its members. Swimmers, parents and coaches are expected to dispose of all trash in proper receptacles, clean their respective areas of any debris prior to their departure and observe all posted rules and regulation while on the grounds. **No one will be allowed on the deck except USA-S Registered Officials, USA-S Registered Coaches with Current Certifications, USA-S Registered Swimmers and Meet Marshalls and Timers on Shift. All Officials and Coaches are Required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck.** **If, at any AD Sanctioned Meet, an individual is found on deck, acting in any coaching capacity and is determined to be out of compliance with USA Swimming requirements for coaches, that individual will be removed from the deck and the represented club will be fined \$250.**

No parents, except those workers indicated in "Meet Policy" are allowed on deck.

Warm-up Procedures: Because of the large number of injuries occurring across the country during warm-ups, USA Swimming allows no diving into the pool during the warm-up period, except in designated sprint lanes. We ask that you inform your swimmers of this rule and ask them to cooperate fully with club officials and marshals in charge of the area. A swimmer that fails to exit the pool immediately after the conclusion of warm-ups will not be allowed to swim at this meet.

Disabled Athletes: Adirondack Swimming welcomes athletes with disabilities. Athletes with disabilities are required to contact the Meet Director and Meet Referee at least 2 weeks in advance of the meet so that provisions can be made for any special accommodations.

Food & Concessions: There will be a wide selection of food available from the Starfish Café in the small cafeteria. If weather permits, the outside grassy area will be used for seating (bring chairs). In addition, The Deep End will be selling swim equipment during the meet in the pool lobby.

Time Trials: If time permits, time trials may be held for swimmers trying to qualify for Speedo Championships, Senior Cut Times or faster. Each time trial is \$5.00. Coaches must request a time trial from the Meet Director and Meet Referee and the Meet Director and Meet Referee will determine when the time trial will be conducted. The Meet Director/Meet Referee reserves the right to refuse time trials longer than 200 meters.

Officials Meeting: There will be an officials meeting conducted 45 minutes prior to each morning and afternoon session. Attendance is MANDATORY to work the meet. Please sign up in the Official's room before the start of the official's meeting (back room on pool deck).

If you have any questions, please contact Rosemary Lanzi at 518-225-1714, or rosemary.lanzi@gmail.com

2010 Starfish Meter Madness - Pentathlon
June 6, 2010
Niskayuna High School

Event #	ORDER OF EVENTS	Event #
<u>Girls</u>	Session 1 - Sunday AM	<u>Boys</u>
1	10-11 50M Butterfly	2
3	8-9 50M Butterfly	4
5	7&U 25M Butterfly	6
7	10-11 50M Backstroke	8
9	8-9 50M Backstroke	10
11	7&U 25M Backstroke	12
13	10-11 50M Breaststroke	14
15	8-9 50M Breaststroke	16
17	7&U 25M Breaststroke	18
19	10-11 50M Freestyle	20
21	8-9 50M Freestyle	22
23	7&U 25M Freestyle	24
25	8-9 100M Individual Medley	26
27	10-11 100M Individual Medley	28
29	7&U 50M Freestyle	30
<u>Girls</u>	Session 2 - Sunday PM	<u>Boys</u>
31	12-13 100M Butterfly	32
33	14-15 100M Butterfly	34
35	16 & Over 100M Butterfly	36
37	12-13 100M Backstroke	38
39	14-15 100M Backstroke	40
41	16 & Over 100M Backstroke	42
43	12-13 100M Breaststroke	44
45	14-15 100M Breaststroke	46
47	16 & Over 100M Breaststroke	48
49	12-13 100M Freestyle	50
51	14-15 100M Freestyle	52
53	16 & Over 100M Freestyle	54
55	12-13 200M Individual Medley	56
57	14-15 200M Individual Medley	58
59	16 & Over 200M Individual Medley	60

Swimmers May Enter Up To 5 Individual Events

To participate in the Pentathlon, swimmers must enter all 5 events in their age group

Individual Entries: \$3.50 per event + \$1.00 Surcharge Per Swimmer

STARFISH SWIM CLUB
ENTRY FEE CALCULATION SHEET
2010 STARFISH METER MADNESS
PENTATHLON TROPHY MEET

June 6, 2010
Niskayuna High School, Niskayuna, NY

TEAM NAME: _____

CONTACT PERSON: _____

PHONE NUMBER: _____

E-Mail ADDRESS: _____

Number of Girls Individual Entries	_____	X \$3.50 = \$	_____
Number of Girl Swimmers	_____	X \$1.00 = \$	_____
Number of Boys Individual Entries	_____	X \$3.50 = \$	_____
Number of Boy Swimmers	_____	X \$1.00 = \$	_____
Number of Manual Entries	_____	X \$1.00 = \$	_____

Total Entry Fee Due\$ _____

Total Amount Due and Enclosed.....\$ _____

MAKE CHECKS PAYABLE TO: **Albany Starfish Swim Club, Inc.**

Entries will be posted to the meet program upon RECEIPT OF CHECK ONLY
Starfish Swim Club assumes no responsibility for meet close-out due to late entries

ENTRY DEADLINE - 5:00 pm / Wednesday, May 26, 2010

Mail This Form and Check to:
Rosemary Lanzi, 2 McGibbon Avenue, Amsterdam, NY 12010
Entries should be sent electronically to: rosemary.lanzi@gmail.com

Your Team Check Must be received to have entries added to the meet.
PLEASE include a copy of your entries with your check